

1 was not disabled prior to his date last insured (“DLI”). [AR 18-34]. The ALJ found that during the relevant
 2 period, plaintiff had a severe mental impairment consisting of bipolar disorder. [AR 23]. The ALJ
 3 determined that plaintiff had no exertional limitations. The ALJ further found that plaintiff had
 4 nonexertional limitations restricting him to unskilled, low stress jobs requiring simple instructions, and that
 5 he could not perform his past relevant work. [AR 24-27]. Relying on the testimony of a vocational expert,
 6 the ALJ found that plaintiff could perform alternative medium, unskilled jobs that exist in significant
 7 numbers in the national economy, and therefore that plaintiff was not disabled prior to expiration of his
 8 insured status. [AR 27-29]. That decision became the Commissioner’s final decision in this matter when
 9 the Appeals Council denied plaintiff’s request for review. [JS 2; AR 1-6, 14-17].

10 **Standard of Review**

11 The Commissioner’s denial of benefits should be disturbed only if it is not supported by substantial
 12 evidence or is based on legal error. Brown-Hunter v. Colvin, 806 F.3d 487, 492 (9th Cir. 2015); Thomas
 13 v. Barnhart, 278 F.3d 947, 954 (9th Cir. 2002). “Substantial evidence” means “more than a mere scintilla,
 14 but less than a preponderance.” Bayliss v. Barnhart, 427 F.3d 1211, 1214 n.1 (9th Cir. 2005). “It is such
 15 relevant evidence as a reasonable mind might accept as adequate to support a conclusion.” Burch v.
 16 Barnhart, 400 F.3d 676, 679 (9th Cir. 2005) (internal quotation marks omitted). The court is required to
 17 review the record as a whole and to consider evidence detracting from the decision as well as evidence
 18 supporting the decision. Robbins v. Soc. Sec. Admin., 466 F.3d 880, 882 (9th Cir. 2006); Verduzco v. Apfel,
 19 188 F.3d 1087, 1089 (9th Cir. 1999). “Where the evidence is susceptible to more than one rational
 20 interpretation, one of which supports the ALJ’s decision, the ALJ’s conclusion must be upheld. Thomas v.
 21 Barnhart, 278 F.3d 947, 954 (9th Cir. 2002) (citing Morgan v. Comm’r of Soc. Sec. Admin., 169 F.3d 595,
 22 599 (9th Cir. 1999)).

23 **Discussion**

24 **Treating source opinion**

25 Plaintiff contends that the ALJ erred in rejecting the opinion of his treating psychiatrist, Steven
 26 Allen, M.D. [See JS 4-9].

27 A treating physician’s medical opinion is not binding on the Commissioner with respect to the
 28 existence of an impairment or the ultimate issue of disability. Tonapetyan v. Halter, 242 F.3d 1144, 1148

(9th Cir. 2001). However, a treating physician's opinion as to the nature and severity of an individual's impairment is entitled to controlling weight when that opinion is well-supported and not inconsistent with other substantial evidence in the record. Edlund v. Massanari, 253 F.3d 1152, 1157 (9th Cir. 2001); Holohan v. Massanari, 246 F.3d 1195, 1202 (9th Cir. 2001); see 20 C.F.R. §§ 404.1527(c)(2), 416.927(c)(2); Social Security Ruling (“SSR”) 96-2p, 1996 WL 374188, at *1-*2. Even when not entitled to controlling weight, “treating source medical opinions are still entitled to deference and must be weighed” in light of (1) the length of the treatment relationship; (2) the frequency of examination; (3) the nature and extent of the treatment relationship; (4) the supportability of the diagnosis; (5) consistency with other evidence in the record; and (6) the area of specialization. Edlund, 253 F.3d at 1157 & n.6 (quoting SSR 96-2p and citing 20 C.F.R. § 404.1527); Holohan, 246 F.3d at 1202.

If a treating source opinion is uncontroverted, the ALJ must provide clear and convincing reasons, supported by substantial evidence in the record, for rejecting it. If contradicted by that of another doctor, a treating or examining source opinion may be rejected for specific and legitimate reasons that are based on substantial evidence in the record. Batson v. Comm’r of Soc. Sec. Admin., 359 F.3d 1190, 1195 (9th Cir. 2004); Tonapetyan, 242 F.3d at 1148-1149; Lester v. Chater, 81 F.3d 821, 830-831 (9th Cir. 1995).

Plaintiff’s DLI for social security disability insurance purposes was June 30, 2007.¹ [AR 23]. Therefore, as the ALJ noted, the relevant time period for determining plaintiff’s eligibility for disability insurance benefits was from February 1, 2004, plaintiff’s alleged onset date, through June 30, 2007, his DLI. [See AR 23].

Plaintiff began treatment with Dr. Allen in July 2013, almost six years after his DLI. [AR 1082]. On August 8, 2013, Dr. Allen filled out a mental residual functional capacity (“RFC”) assessment, in which he noted plaintiff’s “chronic diagnoses” of bipolar disorder and severe depression. [AR 1046]. Dr. Allen opined that plaintiff was markedly limited in several areas of functioning, including the ability to maintain

¹ An individual who applies for disability benefits after the expiration of insured status must show that a disability that has existed continuously from on or before her date last insured until at least twelve months before the date of her application. See Tidwell v. Apfel, 161 F.3d 599, 601 (9th Cir. 1999) (as amended); Johnson v. Shalala, 60 F.3d 1428, 1432 (9th Cir. 1995); Flaten v. Sec’y of Health & Human Servs., 44 F.3d 1453, 1458 (9th Cir. 1995).

1 concentration and attention, the ability to complete a normal workday, and the ability to get along with
 2 coworkers. [AR 1044-1045]. According to Dr. Allen, plaintiff “lack[ed] the psychiatric stability necessary
 3 for employment.” [AR 1046].

4 Thereafter, plaintiff asked Dr. Allen to review his medical records dating from June 1, 2007 through
 5 July 22, 2013. [See AR 1082]. After reviewing those records, Dr. Allen drafted a letter dated December
 6 4, 2013 in which he opined that, between June 1, 2007 and July 22, 2013, plaintiff’s “bipolar diathesis and
 7 his reported adverse reactions to [] mood stabilization medications could have adversely affected his ability
 8 to maintain full time employment.” [AR 1082-1083]. Dr. Allen noted that plaintiff had been hospitalized
 9 in December 2010 with symptoms of mania; he struggled with “adverse medicinal reactions, including
 10 weight gain, lethargy and amotivation”; and when he became symptomatic again in August 2012, his
 11 medication dosage had to be increased. [AR 1082].

12 In his decision, the ALJ discounted Dr. Allen’s opinions on the ground that they were “not relevant”
 13 to plaintiff’s disability claim. [AR 27]. The ALJ noted that Dr. Allen rendered his opinions after plaintiff’s
 14 DLI, and that they did not address the severity of plaintiff’s condition during the relevant time period,
 15 namely, February 2004 through June 2007.² [AR 26-27].

16 The ALJ’s reason for rejecting Dr. Allen’s opinion was clear and convincing. “[A]n ALJ may reject
 17 a medical opinion, even that of a treating doctor, where it was completed years after claimant’s date last
 18 insured and was not offered as retrospective analysis.” Coaty v. Colvin, 2015 WL 1137189, at *6 (D. Or.
 19 Mar. 11, 2015) (internal quotations omitted); see also Tidwell v. Apfel, 161 F.3d 599, 602 (9th Cir. 1999)
 20 (as amended) (holding that the fact that a treating physician did not examine the claimant until more than
 21 a year after expiration of her insured status supported the ALJ’s rejection of that physician’s opinion);
 22 Lindquist v. Colvin, 588 F. Appx. 544, 547 (9th Cir. 2014) (holding that a remand was not required where
 23 the new evidence did not relate back to the relevant period of disability); Carroll v. Colvin, 2013 WL
 24 4830747, at *1 (W.D. Wash. Sept. 11, 2013) (stating that “[t]he fact that the opinion does not relate to
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26 ² In his decision, the ALJ discussed “various” psychiatrists from the Department of Veterans
 27 Affairs (“VA”), but did not specifically mention Dr. Allen by name. [See AR 26-27]. Plaintiff,
 28 however, does not dispute that the ALJ’s discussion included Dr. Allen, who worked at the VA.
 [See JS 7; see also AR 1043, 1082].

1 plaintiff's proof of disability during the relevant time period is a clear and convincing reason for rejection
 2 supported by substantial evidence"); McCutchen v. Colvin, 2013 WL 4046335, at *10 (D. Or. Aug. 7,
 3 2013) (stating that "[e]vidence about [claimant's] increased depression after his date last insured is not
 4 probative, in that it does not materially relate back to the period of insurance"); Senter v. Astrue, 2011 WL
 5 3420426, at *3 (C.D. Cal. Aug. 4, 2011) (holding that the ALJ's error in failing to consider medical
 6 opinions was harmless because those opinions did not address plaintiff's condition prior to his DLI).

7 Dr. Allen's August 8, 2013 mental RFC assessment was completed more than six years after the
 8 expiration of plaintiff's insured status. Significantly, it does not purport to assess plaintiff's mental
 9 condition at any time other than the time it was completed. [See AR 1044-1046]. In fact, it specifies that
 10 it is a "current evaluation." [AR 1044].

11 As for his December 4, 2013 letter, Dr. Allen offered an opinion regarding plaintiff's medical
 12 condition during the period from June 1, 2007 to July 22, 2013. Although June 2007 is within plaintiff's
 13 insured period, Dr. Allen's December 2013 opinion was based solely on his review of the medical records
 14 [AR 1082-1083], and there are no mental health records from June 2007. Therefore, Dr. Allen had no
 15 factual basis for rendering an opinion about plaintiff's mental condition on or before June 30, 2007,
 16 plaintiff's DLI. Indeed, Dr. Allen indicated in that letter that his opinion was based on events that occurred
 17 during and after December 2010, more than three years after plaintiff's DLI.³ [See AR 1082-1083].

18 Additionally, the medical evidence from the relevant time period shows that plaintiff was functioning
 19 fairly well prior to his DLI. For example, in February 2004, plaintiff reported "doing well overall" and
 20 denied any current mood or psychiatric symptoms. [AR 642-643]. In October 2004, plaintiff was "doing
 21 well," and his mood was "normal." [AR 635; see also AR 641]. In December 2004, he was responding well
 22 to medications and had no mood problems. [AR 626-628]. In February 2005, plaintiff was reported to be
 23 stable on medications and had continued remission of mood symptoms. He denied any medication side
 24 effects. [AR 622]. He had no current mood or psychiatric problems. He reported looking for full-time
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26 ³ Further, Dr. Allen merely stated in his December 4, 2013 letter that plaintiff's mental
 27 condition "could have adversely affected his ability to maintain full time employment." [AR 1082-
 28 1083]. This statement does not contradict the ALJ's finding that plaintiff's mental impairment
 caused nonexertional limitations that restricted his RFC but were not disabling. [See AR 24].

1 employment and working part-time doing “odd jobs” as a painter. [AR 382, 384]. In March 2005, he was
2 “feeling fine.” [AR 379]. In October 2005, he reported discontinuing his medications. [AR 370]. In June
3 2006, he was reported to have been “lost to psych follow up.” Plaintiff stated that he had stopped his
4 medications because he was “functioning well without them.” [AR 359]. There are no mental health
5 records from 2007.⁴

6 The record contains only one opinion regarding plaintiff’s mental condition before his DLI: the
7 opinion of the testifying mental health expert, psychologist Sydney Garner. [See AR 57-59]. Dr. Garner
8 opined that prior to June 30, 2007, plaintiff had no impairments maintaining activities of daily living;
9 moderate impairments maintaining social functioning; moderate impairments maintaining concentration,
10 persistence and pace; and no episodes of decompensation. According to Dr. Garner, plaintiff was capable
11 of simple, unskilled, routine, and repetitive work in a “lower stress” work environment. [AR 58-59].

12 Plaintiff points to his December 2010 hospitalization as evidence of his disability [JS 7], but that
13 occurred years after his DLI. Plaintiff also argues that the “ups and downs of [his] bipolar disorder can be
14 exemplified by his multiple marriages, which have included serious physical violence and assaults involving
15 guns and knives.” [JS 8]. Plaintiff’s contemporaneous reports in the record indicate that these incidents of
16 domestic violence were due to his abuse of alcohol, and that he was no longer violent when sober. [AR 449,
17 498, 919].

18 In sum, because Dr. Allen did not render an opinion regarding plaintiff’s mental state prior to his
19 DLI, and because there is no medical evidence in the record to support the conclusion that plaintiff suffered
20 from a disabling mental condition before his insured status expired, the ALJ did not err in rejecting Dr.
21 Allen’s opinion.

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24 ⁴ Later medical records also shed light on plaintiff’s mental condition prior to his DLI. When
25 he was hospitalized in December 2010, plaintiff reported that he did not take psychotropic
26 medications in the preceding eight years, and that he has been “fairly stable” over that time. [AR
27 447-449, 497]. Similarly, in August 2012, he told his medical provider that he was off medication
28 from 2004 through December 2010, and during that time, he was “mentally healthy off medication.”
[AR 1002]. The record also shows that plaintiff’s condition responds well to medication; for
example, his symptoms in December 2010 resolved quickly with medication. [See, e.g., AR 495,
497; see also AR 463, 469].

Credibility finding

Plaintiff contends that the ALJ failed to give legally sufficient reasons for rejecting the alleged severity of plaintiff's subjective symptoms. [JS 15-18].

If the record contains objective evidence of an underlying physical or mental impairment that is reasonably likely to be the source of a claimant's subjective symptoms, the ALJ is required to consider all subjective testimony as to the severity of the symptoms. Moisa v. Barnhart, 367 F.3d 882, 885 (9th Cir. 2004); Bunnell v. Sullivan, 947 F.2d 341, 345 (9th Cir. 1991) (en banc); see also 20 C.F.R. §§ 404.1529(a), 416.929(a) (explaining how pain and other symptoms are evaluated). Absent affirmative evidence of malingering, the ALJ must then provide specific, clear and convincing reasons for rejecting a claimant's subjective complaints. Vasquez v. Astrue, 547 F.3d 1101, 1105 (9th Cir. 2008); Carmickle v. Comm'r, Soc. Sec. Admin., 533 F.3d 1155, 1160 (9th Cir. 2008); Moisa, 367 F.3d at 885. "In reaching a credibility determination, an ALJ may weigh inconsistencies between the claimant's testimony and his or her conduct, daily activities, and work record, among other factors." Bray v. Comm'r of Social Sec. Admin., 554 F.3d 1219, 1221, 1227 (9th Cir. 2009); Light v. Soc. Sec. Admin., 119 F.3d 789, 792 (9th Cir. 1997). The ALJ's credibility findings "must be sufficiently specific to allow a reviewing court to conclude the ALJ rejected the claimant's testimony on permissible grounds and did not arbitrarily discredit the claimant's testimony." Moisa, 367 F.3d at 885. If the ALJ's interpretation of the claimant's testimony is reasonable and is supported by substantial evidence, it is not the court's role to "second-guess" it. Rollins v. Massanari, 261 F.3d 853, 857 (9th Cir. 2001).

During the administrative hearing, the ALJ asked plaintiff to testify about his physical and mental condition prior to his DLI. [AR 48]. Plaintiff testified that he was diagnosed in 1990 with bipolar disorder and manic disorder. [AR 49]. He took medications for this condition, which caused him to feel sleepy, foggy, and run down, and led him to take up to four naps per day. [AR 49-50]. He also suffered from constant back pain. [AR 51-52]. He could sit for only twenty to thirty minutes at a time and walk only half a block at a time. [AR 53]. Plaintiff claimed that his symptoms were so severe that he could not perform even a simple job. [AR 54-55].

The ALJ gave clear and convincing reasons for rejecting plaintiff's subjective allegations regarding his disabling mental symptoms. First, the ALJ noted that there was no medical evidence supporting

1 plaintiff's subjective allegations. [See AR 27]. "Although lack of medical evidence cannot form the sole
 2 basis of discounting pain testimony, it is a factor that the ALJ can consider in his credibility analysis."
 3 Burch, 400 F.3d at 681; see Rollins, 261 F.3d at 857 ("While subjective pain testimony cannot be rejected
 4 on the sole ground that it is not fully corroborated by objective medical evidence, the medical evidence is
 5 still a relevant factor in determining the severity of the claimant's pain and its disability effects."). As
 6 discussed above, the medical record shows that prior to his DLI, plaintiff was functioning fairly well and
 7 suffered from few mental symptoms. Furthermore, Dr. Garner, the only physician to render a medical
 8 opinion regarding plaintiff's condition prior to his DLI, found that plaintiff was capable of simple, unskilled,
 9 routine and repetitive work. [AR 59].

10 Second, the ALJ noted that plaintiff's mental health treatment prior to his DLI was conservative.
 11 [See AR 27]. In general, "a conservative course of treatment can undermine allegations of debilitating
 12 pain." Carmickle, 533 F.3d at 1162; see Orn v. Astrue, 495 F.3d 625, 638 (9th Cir. 2007). Here, there is
 13 no record that plaintiff sought counseling during the relevant time period, and he only infrequently visited
 14 his doctor. He was functioning well when he was taking medications and even after discontinuing them.
 15 [See, e.g., AR 359, 370, 379, 622, 626-628, 635, 641-643]. While he was taking medications, he reported
 16 no side effects. [See, e.g., AR 382, 622]. When plaintiff manifested symptoms of mania in December 2010,
 17 long after expiration of his insured status, he had been off his medications for years. [See AR 447-449, 497,
 18 1002]. His symptoms resolved quickly when he began taking medications again. [See AR 495, 497;
 19 see also AR 463, 469]. Therefore, the ALJ permissibly rejected the alleged severity of plaintiff's mental
 20 symptoms prior to his DLI.

21 Regarding plaintiff's subjective physical allegations, the ALJ noted that plaintiff complained of
 22 chronic back pain in September 2004 and underwent a lumbar spine x-ray, which showed multilevel
 23 degenerative disc disease and evidence of an enchondroma (benign cartilage tumor)⁵ at the iliac wing. [AR
 24 25, 323, 326, 640]. Plaintiff told his treating physician that he worked part-time as a painter, that his lower
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26 ⁵ "An enchondroma is a type of noncancerous bone tumor that begins in cartilage." Johns
 27 Hopkins Medicine Health Library, Enchondroma, available at
 28 http://www.hopkinsmedicine.org/healthlibrary/conditions/bone_disorders/enchondroma_85,P00115/
 (last visited July 29, 2016).

1 back pain “affects his work as a painter” in that it caused “lots of pain after work” and limited his lifting
2 activities to 50 pounds, but that it did not otherwise affect his daily activities. [AR 25, 323, 325]. Plaintiff
3 also said that he did not take any medication for his back condition and did not need pain medication. [AR
4 25, 323, 640].

5 The record does not indicate that plaintiff received any further treatment for back pain prior to June
6 30, 2007. [See AR 25, 27]. During a “routine [follow up]” visit in September 2009, plaintiff’s “only
7 complaint” was of chronic low back pain that radiated down his legs bilaterally. He said that he had
8 undergone a work-up for back pain five years earlier, which corresponds to his September 2004 office visit.
9 [AR 766-767]. Plaintiff reported that he was taking 400 milligrams of ibuprofen three times daily for back
10 pain, and that he “feels healthy and fine.” [AR 766].

11 The ALJ provided clear and convincing reasons supported by substantial evidence for rejecting the
12 alleged severity of plaintiff’s back pain. First, the ALJ permissibly concluded that the objective medical
13 evidence did not support plaintiff’s subjective allegations prior to his DLI. [AR 25, 27]. Although plaintiff’s
14 September 2004 lumbar spine x-ray was positive for multilevel degenerative disc disease, there was no
15 objective or clinical medical evidence of any resulting work-related functional limitations. See Burch, 400
16 F.3d at 681. As the ALJ noted, the nonexamining state agency physician found that plaintiff’s back
17 impairment was not severe. [AR 26, 423-424]. The orthopedic expert, Dr. Ghazi, testified that plaintiff did
18 not have “any discernible orthopedic issue,” and that “the studies did not substantiate any clear diagnosis
19 rendering him disabled physically.” [AR 26, 66-67]. Dr. Ghazi opined that from an orthopedic standpoint,
20 plaintiff had no physical impairment. [AR 66-67].

21 Second, the ALJ pointed to inconsistencies between plaintiff’s subjective allegations of disabling
22 back pain and his contemporaneous statements to his doctors prior to his DLI. Notwithstanding his
23 complaints of chronic back pain in September 2004, plaintiff reported that he continued to work part-time
24 as a painter and took no medication for back pain. [AR 25, 27]. See Tonapetyan, 242 F.3d at 1148 (stating
25 that the ALJ may rely on a claimant’s inconsistent statements). Plaintiff also told his doctors that while his
26 back pain prevented him from lifting more than 50 pounds, it did not limit his in other ways or restrict his
27 activities of daily living. [AR 25, 27, 323, 382]. The alternative jobs identified by the ALJ at step five do
28 not require lifting or carrying more than 50 pounds. [See AR 28].

1 Third, the ALJ noted that plaintiff sought treatment only once for back pain prior to his DLI, in
2 September 2004, and that he did not seek or undergo other treatment, including “physical therapy,
3 chiropractic adjustments, use of prescription pain medications, referral to a pain management specialist,
4 referral to an orthopedist or neurologist, or fitting with a brace or cane” before his insured status expired.
5 [AR 25, 27]. See Carmickle, 533 F.3d at 1162 (noting that “a conservative course of treatment can
6 undermine allegations of debilitating pain”); Fair v. Bowen, 885 F.2d 597, 604 (9th Cir. 1989) (holding that
7 the ALJ permissibly considered discrepancies between the claimant's allegations of “persistent and
8 increasingly severe pain” and the nature and extent of treatment obtained).

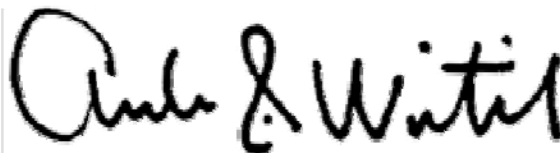
9 The ALJ provided legally sufficient reasons for rejecting the alleged severity of plaintiff's back pain.
10 See Johnson v. Shalala, 60 F.3d 1428, 1434 (9th Cir. 1995) (holding that the ALJ's credibility assessment
11 was supported by a three-year gap in treatment for back complaints, inconsistencies in the claimant's
12 testimony, and contradictions between her testimony and the medical evidence); Matthews v. Shalala, 10
13 F.3d 678, 679-680 (9th Cir. 1993) (holding that the ALJ permissibly rejected the alleged severity of the
14 claimant's back impairment based on the claimant's inconsistent statements, lack of current treatment,
15 minimal use of pain medication, and on two examining source opinions that the claimant could perform a
16 narrowed range of medium work). Accordingly, plaintiff's contentions lack merit.

17 Conclusion

18 For the reasons stated above, the Commissioner's decision is supported by substantial evidence and
19 is free of legal error. Accordingly, the Commissioner's decision is **affirmed**.

20
21 **IT IS SO ORDERED.**

22
23 July 19, 2016



24
25 ANDREW J. WISTRICH
26 United States Magistrate Judge
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